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Make Physical Activity Part of your Summer Fun!

What is physical activity exactly? According to the USDA physical activity is “simply moving your body in any way that requires energy.”

Did you know that we can do this in a variety of ways? Moderate physical activity is anything like walking, gardening, and dancing. Vigorous physical activity is anything like running, playing sports, bicycling, heavy cleaning (like vacuuming or mopping).

Why is physical activity important? Being active can help you sleep better at night, keep your muscles and bones strong, potentially help manage some health concerns, and help increase your energy levels. Adding physical activity to your family’s day can be simple. Take advantage of the summer weather that is around the corner and get outside as much as possible. There are parks around the county that are great for walking, playing catch, or using the playground. At home utilize the timer on your phone and try to make cleaning around the house a game; try to beat the timer for each room you are cleaning. Take exercise breaks while you are watching a television show or movie or have a family dance party while waiting for dinner.

Keep in mind as our temperatures warm up, listen to your body, rest when needed and drink plenty of water. Beginning your exercise routine with several minutes each day and working your way up to 20-30 minutes a day is a good way to make sure you let your body get used to the extra activity. Building up to 20-30 minutes of physical activity can ensure that exercise turns into a lasting habit.

For more information about physical activity and a list of places and spaces in Clermont county for fitness and fun you can visit the Clermont CAN website at www.ccphohio.org/can/.